

*Sub B2*  
A2  
3. (Amended) Apparatus for helping an individual manage his/her psychological and/or physiological state, comprising:

a first device for allowing an individual to expose a set of images chosen by the individual to one's self;

a second device for measuring a physiological state of the individual as the individual is exposed to said set of stimuli; and

a third device for recording stimuli from said set of stimuli which provide a preferred response based on the measured physiological state of the individual.

*Sub B3*  
A3  
6. (Amended) Apparatus for facilitating management by an individual of a psychological and physiological state of said individual using images, comprising:

a device for allowing an individual to create a personalized preferred image response profile for one's self by having the individual show a first set of images and choosing images chosen by the individual to one's self from the first set of images which provide a preferred response for the individual, wherein said personalized preferred image response profile defines preferred characteristics which are representative of common characteristics of the chosen images;

a selector for selecting a second set of images from an image library which include characteristics that match the preferred characteristics of the personalized preferred image response profile; and

a display controlled by the individual for displaying the selected second set of images to one's self to manage one's psychological and physiological state.

*Sub B4*  
A4  
12. (Amended) Apparatus for facilitating management by an individual of a psychological and physiological state of said individual using images, comprising:

a display for allowing an individual to show a first set of images chosen by the individual to one's self;

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a first device for measuring a physiological state of the individual  
as the individual views the first set of images; and

a second device for recording images from said first set of images  
which provide a preferred response based on the measured physiological state of  
the individual, and for creating a personalized preferred image response profile  
that defines preferred characteristics which are representative of common  
characteristics of the recorded preferred images.